

## # PEPPER TIME 29: DEFINE YOUR NONNEGOTIABLES

**Timing:** 20 minutes today.

**What you'll need:** Your Pepper Board and glue or your journal and a pen.

**What it's about:** Naming the 3–5 boundaries that will protect your spark.

### **How to do it:**

1. Review your leaks. Look back at the biggest drains and leaks you spotted in the last chapter.
2. Choose one nonnegotiable per pillar.
  - Performance: career, work, creative output, growth
  - Relationships: partner, kids, family, friends, colleagues
  - Well-being: health, rest, spirituality, energy rituals
3. Make it specific and measurable. Examples:
  - Performance → No pings after 8 p.m.
  - Relationships → One daily walk with my partner, phones away.
  - Well-being → Nap or rest ritual once a week.
4. Write them down. Post your three nonnegotiables on your Pepper Board or in your journal.

**What to expect:** Your Judge will scream; people may push back. But over time, boundaries stop feeling like cages and start feeling like freedom.

Nonnegotiables aren't just about what you hold. They're also about what you release. Most of us carry invisible sandbags: fear, envy, expectations, the weight of what others think. As long as we cling to them, we stay tethered, stuck on the ground. But when you protect your spark with nonnegotiables, you create the conditions for flow. Flow only happens when your boundaries hold, your is steady, and your gut has the clarity to lead.

